



Gretchen Zimmermann

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Gretchen Zimmermann, MBA, RD, CDCES, CSOWM, is a registered dietitian, certified diabetes care and education specialist, board-certified obesity and weight management specialist, and VP of Clinical Strategy at Vida Health. As Head of a National Diabetes Program and Clinical Strategist for an integrated digital health solution focusing on cardiometabolic conditions, Gretchen has led the development and growth of key clinical verticals and cardiometabolic programs, using evidence-based medicine and clinical interventions to inform best-in-class clinical care.

Gretchen has over 15 years of experience in healthcare and has specialized in bariatric nutrition, weight management, and diabetes in various inpatient and outpatient settings. Gretchen is especially interested in the intersection of physical health and mental health, particularly related to patients with diabetes and other chronic conditions. Gretchen has written and published on various topics, including diabetes digital health interventions, clinical outcomes, and nutrition for weight loss and diabetes. She can be seen in media such as Shape, Huff Post, MSN, Behavioral Health Tech, Health Tech Hot Spot, Eating Well, and Eat This, Not That.

Published work:

Venkatesan, A., Zimmermann, G., Rawlings, K., Ryan, C., Voelker, L., & Edwards, C. (2023). Improvements in glycemic control and depressive symptoms among adults with type 2 diabetes: Retrospective Study. *JMIR Formative Research*.

<https://doi.org/10.2196/41880>

Zimmermann, G., Venkatesan, A., Rawlings, K., and Scahill, M., 2021. Improved Glycemic Control With a Digital Health Intervention in Adults With Type 2 Diabetes:

Retrospective Study. JMIR Diabetes, 6(2), p.e28033.